

Are you an Autistic person & 16-25 years old?



Are you interested in taking pictures?

You are invited to participate in a new research study:

Therapeutic Photography and Well-Being in Autistic people

What is this about?

Researchers at York University want to know how environments can promote the well-being of autistic people.

What does participating involve?

1- Four weeks of therapeutic photography:



- Taking pictures of environments that contribute to your well-being
 - You will need to take these photos on your own device (e.g., phone) or a device provided by our lab
- Write or speak about why you took the pictures, and sharing this info with us
- If you need help in this activity, you can have a support person involved too



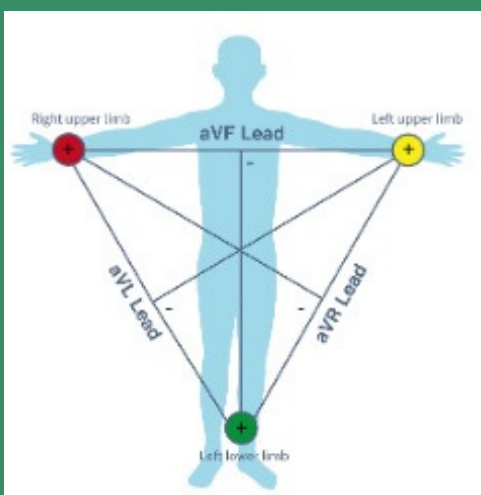
2- Visits to York University:

- You will be randomly allocated either to start **therapeutic photography (TP)** right away or will **wait** for 4-5 weeks before participation
 - If you are in the TP group, you will visit the lab **2 times**
 - If you are in the waitlist group, you will visit the lab **3 times**

What does the visit include?



- You will complete some **questionnaires** about your mental health



- We will measure your resting **heart rate** using 3 electrodes placed on your body (i.e., your wrists and ankle)



- Your breathing will also be measured using a respiration belt around your chest



- At your last visit, you will also be **discussing your photos** with a researcher

There is no cost to participate. You will receive a \$200 gift certificate for each visit for York University.

I'm interested! What next?

For more information, please contact the Researchers at York University (Dr. Jonathan Weiss) by email at taphoto@yorku.ca. You can also visit us at our website: <https://www.yorku.ca/health/lab/ddmh/therapeutic-photography-and-wellbeing/>